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Suspect sought in narcotics robbery

CRIME Police are looking for a suspect who made off with an undisclosed amount of narcotics during a Thanksgiving commercial robbery.


Police say the offender entered a pharmacy located in the 1900 block of Uxbridge Drive NW and claimed he had a gun, though none was seen.

"I can't confirm what was taken, but (oxycontin) is generally what they seem to be going for," Duty Insp. Vic Trickett said.

The offender was described as a Caucasian male in his mid 20s, about six feet tall with a hoodie and a tattoo on his right hand.

METRO CALGARY

News on the Move
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Food pg 14



Salmon cakes, Indian-style

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Flames **Streak ends**



Calgary Flames goalie Miikka Kiprusoff reacts after giving up a goal to the Chicago Blackhawks yesterday during the second period of their NHL hockey game in the Windy City. The Flames lost 6-5 in overtime after holding a five-goal lead at one point. Story, page 11.

Mission serves up dinner

Over 300 enjoy Thanksgiving meal

KRISTA SYLVESTER
krista.sylvester@metronews.ca

It wasn't turkey, but the ham, scalloped potatoes and veggies more than made up for it last night during the Mustard Seed's Thanksgiving dinner at its southeast location, according to clients.

Over 300 people enjoyed 500 servings of the Thanksgiving staples, as well as salad and dessert during the 25th annual event, according to spokesperson Courtney Fliss.

"We are seeing an increase in the number of people coming in, probably because of the weather, recession and affordable housing situation," Fliss said.

"It's important for them because some of them don't have families or support, so this becomes their home and their family, especially during the holidays."

Client Mike Vandeleeck agreed with Fliss, saying he is grateful for the dinner year after year.

"I wouldn't be enjoying a Thanksgiving dinner if it wasn't for this. It's great, even without the turkey," he joked. "It means a lot to a lot of people to eat and play some games."

Fliss said the dinner wouldn't have been possible without the help of 160 volunteers, who collectively spent 480 hours helping over the weekend.

"They are really the reason we're here. A lot of them say it's a two-way gift, though."

They included Cresta Snow, who said this was her first time volunteering at the dinner, but that she hopes she and her group of friends will make it an annual event.

"It really makes you aware of how lucky you are ... It's nice to be able to come out and give back."

Alderman seeks help for Meals on Wheels building

KRISTA SYLVESTER
krista.sylvester@metronews.ca

ASSISTANCE Your grandparents, your family and friends — everyone knows someone affected by a shortage of space for Meals on Wheels, according to a

city alderman.

Meals on Wheels is struggling to raise money for an important new 30,000-square-foot building, which will provide the space to keep up with demand, but the organization finds itself about \$7.9 million short, says executive director Jan-

ice Curtis.

Ward 8 Ald. John Mar said his Nov. 2 motion to either purchase its building or provide the organization a loan to purchase a new building is a win-win situation at a critical time.

"This will not only keep people in their homes with

food, but give back to one of our most vulnerable — our seniors. They have worked their whole lives and deserve this from us," Mar said.

Mar said he hopes his fellow alderman agree and either purchase the new building and lease it back to

the organization, or provide a loan.

"There are a couple of options but really it's a win-win situation for us. This will not cost the taxpayers any money," Mar said, adding thousands more in need could be served. "Write your aldermen."

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Local



Head to the zoo for Halloween

Scary, isn't it? Halloween's just around the corner! The Calgary Zoo invites you and your family to Boo at the Zoo, with all new games and activities for the little monsters to enjoy. You can only pre-purchase your tickets for the October 26 to 30 event at websales.calgaryzoo.ab.ca. Adult tickets are \$9, children are \$7.

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 What's online today.

Analysis A size-zero model's had enough of a thin-obsessed fashion industry, visit metronews.ca/world.

Lotteries

Friday, Oct. 9
 Lotto Max: 5, 15, 25, 38, 42, 46 & 47. Bonus 26.
 Saturday, Oct. 10
 Lotto 6/49: 5, 11, 12, 22, 33 & 26. Bonus 41.
 These results are not official.

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Local tells tales of disaster

Relief worker was in the Philippines after typhoon hit

KRISTA SYLVESTER
krista.sylvester@metronews.ca

What is it like to be poor and caught in a natural disaster in the Philippines?

It's heartbreaking, according to a Calgary man who just returned from the typhoon-torn region where he helped thousands of the millions left with nothing after the country was hit with the storm Sept. 23.

Samaritan's Purse aid worker Bruce Piercy was the team leader in Manila after the disaster hit, where he helped to provide basic relief such as water, food and guidance to those hit the hardest.

"People are homeless,



Bruce Piercy of Calgary, left, provided relief in flood-stricken regions of the Philippines through Samaritan's Purse. He has since returned to Canada.

living out in the streets in the rain. We were trying to get them the basic necessities and out of the streets," Piercy said.

"In a disaster of this size

the needs are many. The relief tends to be unequally distributed with too much of one thing, like food, and not enough of others, like medicine, in different

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neighbourhoods," he said of the challenges faced.

Piercy said it was estimated that up to two million people were seriously affected, and he believes one million people are still living in about four or five feet of water, refusing to leave.

"By some estimates, the water will not recede until December so this creates a large probability of a public health crisis."

Cops looking into nightclub violence

CRIME Police are looking for more information after responding to a shooting and stabbing incident at the Opus nightclub in the 600 block of 8 Avenue SW early Sunday morning.

Police found one male with a stab wound on scene, and two other victims showed up at the hospital later in the morning. Witnesses said shots were fired outside the club, and officers found shell casings and a handgun under a car in an adjacent parkade.

Anyone with information is asked to call District 1 GIU at 403-567-6100.

METRO CALGARY

Tomorrow's Metro

Eradicating Poverty

Metro launches Eradicating Poverty, a series that will look at helping the less fortunate.

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Expiring EI driving food bank use: Ignatieff

Inadequate employment insurance benefits are forcing more and more people to turn to food banks for help, Liberal Leader Michael Ignatieff said Sunday. He is worried about the toll the recession is taking on people who have not been able to find new jobs. **THE CANADIAN PRESS**

3

Canada



Rare stamps going on sale

Stamp enthusiasts will get a glimpse and a chance to bid on some of the oldest and most valuable stamps in Canadian history later this month — including a mint-condition 1851 Canadian 12-pence denomination postage stamp, left, depicting a young Queen Victoria. A U.S. stamp collector is selling 133 early Canadian postage stamps and 81 U.S. Civil War era stamps to raise money for a new postal collection at the Smithsonian National Postal Museum. **THE CANADIAN PRESS**

Deportation numbers soar

Increase seen in last decade

Deportations from Canada have skyrocketed more than 50 per cent over the last decade and the bulk of those given the boot are failed refugee claimants who may return home to face torture and persecution.

Figures obtained by The Canadian Press through Access to Information show Canada removed 12,732 people last year — a major increase from the 8,361 who were deported in 1999.

A series of steady increases over the years shows no sign of abating in 2009. By Aug. 25 of this year, 8,999 had already been deported.

Canada Border Services Agency statistics show

12,732

The number of people deported from Canada in 2008.

failed refugee claimants accounted for three-quarters of deportations while the remainder were often removed on criminal or security grounds.

The most common deportation destinations are the U.S. and Mexico, though hundreds more are being sent to places with shoddy track records on human rights or security, like China, Pakistan and Haiti.

THE CANADIAN PRESS

Commons Speaker marks milestone

OTTAWA Peter Milliken's job might be compared to herding cats, but he's done it longer than anyone in Canadian history.

Milliken is the Speaker of the House of Commons and, as of yesterday, he held the job for 3,178 days, surpassing the tenure of Lucien Lamoureux, a Trudeau-era Speaker.

While few people are likely to recognize the name, they'll likely know the face. On the evening news clips from the Commons, he's the white-haired chap in the black robe trying to keep the exasperation from his voice as he tries to calm a raucous question period.

The 62-year-old MP from Kingston, Ont., was elected the 34th Speaker on Jan. 29, 2001, and has since been acclaimed once and re-elected twice to the post.

It's a tough job. He has to cut himself off from his



House of Commons Speaker Peter Milliken, centre, seen in the Senate Chamber on Parliament Hill in Ottawa in this file photo. As of yesterday, Milliken held the job for 3,178 days, becoming the longest-serving Speaker in Canadian history.

own party and caucus to avoid any perception of bias. He must maintain order among 307 often-fractious MPs. He has to handle his own constituency work, like any other MP.

He's basically the chief executive officer of Parliament, overseeing budgets

and operations for the Commons and the various buildings that make up the parliamentary precinct.

"It's very demanding, time-wise," he said. "You start reasonably early in the morning and you go fairly late at night every day."

THE CANADIAN PRESS

News in brief

ACCESS The Canadian Press has filed a motion in Federal Court seeking the release of sealed documents in the RCMP's security file on storied politician Tommy Douglas. The former NDP leader caught the attention of the RCMP through his longstanding links with left-wing causes, the burgeoning peace movement and assorted Communist party members.

DISEASE Bovine tuberculosis carried by wild elk is increasingly threatening some Manitoba cattle herds, prompting farmers to call for a cull of the animals before more cows succumb to the disease.

THE CANADIAN PRESS

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New York City police say a 49-year-old gay man leaving a corner deli near his home was beaten by two men in an apparent hate crime. Jack Price remains in a medically induced coma. He is in serious but stable condition. **THE ASSOCIATED PRESS**

World



No presents for troops on front line?

Thinking of sending a Christmas gift to a British soldier on the front lines? Don't bother. That's the advice from the U.K. Defence Ministry, which warns that the military's mail delivery system may be overtaxed if well-meaning citizens send too many goody boxes for the troops. Instead of making individual purchases and sending them to Afghanistan, the department advises people to work with specified charities that can provide practical gifts for the soldiers.

THE ASSOCIATED PRESS

Bombing kills 41 in Pakistan

TALIBAN A suicide car bombing targeting Pakistani troops killed 41 people yesterday, the fourth grisly militant attack in just over a week, as the Taliban pledged to mobilize fighters across the country for more strikes. The Taliban also claimed responsibility for the 22-hour weekend attack on the nation's heavily fortified army headquarters.

THE ASSOCIATED PRESS

Food crisis on way?

Agricultural investment in developing countries will have to increase more than fivefold to ensure that by 2050 the world has enough to eat, a UN food agency said yesterday.

Poor countries will need a yearly \$44 billion US of development assistance in agriculture compared with the current \$7.9 billion, the Food and Agriculture Organ-

ization said as it opened a two-day forum of experts on how to feed the world in 2050. By then, population is expected to rise from 6.7 billion people to 9.1 billion and the world's food output will have to increase by 70 per cent. In June, the FAO said the number of hungry people had reached a record one billion under the combined effect of the global fi-

nancial crisis, high food prices, war and drought.

THE ASSOCIATED PRESS

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Kenya Proud step-grandma



Sarah Obama, step-grandmother of U.S. President Barack Obama, reads her local newspaper Saturday in Kenya. The Norwegian Nobel Committee stunned many with its decision Friday to award the Obama the peace prize so early in his presidency for his initiatives to reduce nuclear arms and defuse tensions.

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Comment

Bob Rae waiting at the Grit gates

NationalReport

Lawrence Martin

metronews.ca/nationalreport

One of Michael Ignatieff's close caucus supporters said to me the other day, "We're still supporting Michael, but Bob Rae has gained our trust."

He went on to list some of the reasons he and others now have more faith in Rae than Iggy. At the Sudbury party meeting last month, Rae got it right. He was saying, behind the scenes, that Iggy should not be pushing for an election because it would make him look just as the Conservative attack ads were depicting him — an opportunist. Iggy didn't take Rae's advice. He vowed to bring down the government as soon as possible. But the gambit

has done more to bring him down than the prime minister. Caucus members now say they will undercut any order by Iggy to defeat the government by conveniently being absent on voting day.

In June, Ignatieff's team was pressing for a summer election. Rae cautioned against such a move, saying the party wasn't ready and summer wasn't the time. But the leader came out sounding hawkish, ready to go. Then he suddenly pulled

back when told his party wasn't financially ready. He looked feckless in so doing.

The far more experienced Rae has told associates he is not happy with Ignatieff's handling of the job. A participant at morning meetings with the leader and some MPs says Rae's performance there has been noticeably less enthusiastic in recent times. Former prime minister Jean Chrétien, whose old team is replete with Rae supporters, com-

plained recently that he hasn't been hearing much from the Liberal leader. Even Prime Minister Harper, he said, calls him more often.

On the weekend, Rae had to come forward to deny he orchestrated a move by a group of Liberal senators to amend a crime bill, a bill that Ignatieff was supporting.

As common sense would suggest, Rae, who fell short in a couple of runs for the crown, still has leadership ambitions.

He can protest that he is being loyal, that he is doing nothing to encourage his supporters. But with the party in a free fall, disgruntled caucus members are going to talk and journalists are going to listen.

The last thing the Liberals need at this point is a new outbreak of leadership feuding. But unless Ignatieff reverses his slide, that's what they'll get.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Higher taxes may be the only solution

InBusiness

Charles Davies

metronews.ca/inbusiness

Read their lips: No new taxes. Stephen Harper's Conservatives and Michael Ignatieff's Liberals keep saying we can gradually eliminate the burgeoning federal deficit without raising taxes. Economic recovery is supposedly going to provide the tax revenues that, along with some judicious cuts in program spending, will put the nation back in

the black sometime after 2015. It will all be so gradual you won't really feel it.

Only children and incurably gentle folk are likely to be taken in by such mendacity. To get some idea of our current deficit problem and the choices we face, we should cast our minds back to 1993. The deficit that year came in at a then record \$42 billion, prompting people like the IMF to wonder if we were on our way to becoming a Third World country.

The newly elected Chrétien Liberals did indeed lick the deficit. Economic growth helped, but we shouldn't forget that the federal government

whacked more than \$12 billion from program spending over three years as well as chopping social transfer payments to the provinces.

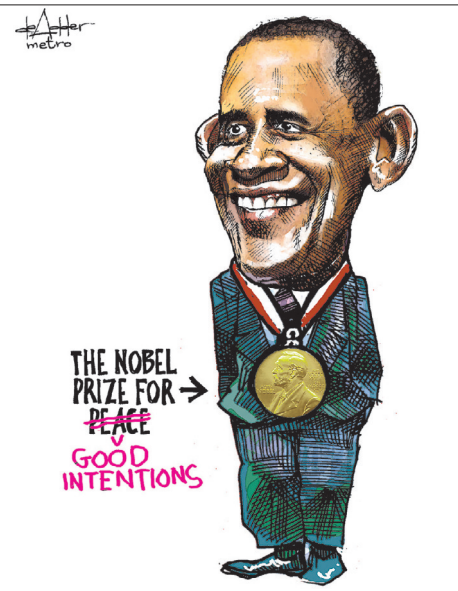
This time, we have a deficit that's going to hit at least \$56 billion. A slowly recovering economy won't readily generate additional tax revenues. For one thing, the Canadian dollar, which was low enough to spur export gains in the 1990s, is stronger now. And the key U.S. market will be depressed for some time.

Cutting transfers to the provinces isn't much of a solution either since all but Saskatchewan, are running deficits at the moment. Nor is there much room to cut

federal spending, given that significant chunks of what Ottawa lays out — \$19.2 billion on national defence in fiscal 2010, for example — are more likely to grow than shrink.

So what's a prime minister to do? Raise taxes, either in the form of GST points or personal levies. A minority government won't get away with it, but if one or the other major parties wins a majority at the next election, higher taxes will likely be part of any deficit reduction package.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



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Google Inc. says board member Arthur Levinson, who is also a director of computer maker Apple Inc., is stepping down, removing a potential conflict of interest as the two companies look to compete more directly. **THE ASSOCIATED PRESS**

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Wide-scale carbon capture still out of reach, say researchers

GAS The pieces of a carbon capture and storage puzzle have been around for a while, but there's a long way to go before they can be assembled cheaply and efficiently enough to put a worthwhile dent in greenhouse gas emissions.

"At large scale it's not been done, and we need to learn how to do it in a much more cost-effective manner," said Eddy Isaacs of the Alberta Energy Research Institute.

The technology got a \$865-million boost from

Technique

Carbon capture involves separating climate-change-causing carbon dioxide from industrial emissions and injecting the gas deep underground.

the Alberta and federal governments last week.

Some plants use chemicals to scrub contaminants from emissions, and methods of storing gasses are also well-established.

THE CANADIAN PRESS



Trader Dudley Devine, foreground, works on the floor of the New York Stock Exchange. While Canadian stock exchanges were closed yesterday world markets rallied.

U.S. stocks fall, energy spikes

Investors waiting for earnings reports to flow in traded cautiously yesterday, giving up early gains and leaving the U.S. market narrowly mixed. The Dow Jones industrials reached a new 2009 trading high, edging closer to 10,000.

Volume was light because of the Columbus Day holiday in the U.S.

A weaker dollar and a spike in oil prices drove energy and materials prices higher, but weakness in technology and industrial shares held the market back. Stocks got an early boost from a better-than-

expected profit report from Dutch company Royal Philips Electronics. That sent Britain's leading stock indicator to its highest level in a year.

Investors looked ahead to the flurry of earnings due this week from key companies including Intel Corp., Johnson & Johnson, IBM Corp. and General Electric Co.

The Dow traded as high as 9,931, just 69 points away from 10,000, a level not seen in a year. According to preliminary calculations, the Dow closed up 20.86, or 0.2 per cent, at 9,885.80. **THE ASSOCIATED PRESS**

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PARTNERS



Business in brief

GOLD Barrick Gold said it has bought a 70 per cent stake in the El Morro copper-gold project in Chile from Xstrata Plc's Chilean subsidiary for \$465 million US in cash.

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A two-week shutdown starts today at Corner Brook Pulp and Paper in Newfoundland. The company blames the downtime on unfavourable market conditions, loss of orders, the high Canadian dollar and the low price of newsprint. **THE CANADIAN PRESS**

Coming soon: TV that really stands out

Now that 3-D movies are popular in theatres, the next step for this digital technology could be the living room.

Major TV makers are mov-

ing to 3-D sets, hoping that consumers will want to feel like they're almost inside what they're watching, but analysts say it could be years before 3-D TV is mainstream.

Mitsubishi has a 3-D ready TV and Sony and Panasonic are among manufacturers expected to hit the consumer market in 2010 with TVs that could cost at least

\$5,000. Consumers still need special glasses, but digital 3-D is a smooth experience.

Montreal's Sensio Technologies would like to see its 3-D technology in TVs.

CEO Nicolas Routhier said 2010 will be the beginning of 3-D in the home. His company is part of a consortium working to create 3-D standards. **THE CANADIAN PRESS**



Montreal's Sensio Technologies is helping to develop industry standards for 3-D TV.

Ex-Nortel CEO seeks \$12M

OUTRAGE A spokesman for a group of Nortel pensioners and former employees was "shocked" to learn that recently departed CEO Mike Zafirovski is seeking more than \$12 million from the insolvent Canadian tech

company. Zafirovski's claim, one of many filed with a U.S. bankruptcy court that's dealing with Nortel's restructuring, wants half the money to pay for a life annuity pension benefit. **THE CANADIAN PRESS**

Business in brief

DUBAI DEBT A holding company controlled by Dubai's ruler says it repaid a \$250 million loan to French bank BNP Paribas, the latest attempt by the indebted emirate to chip

away at credit obligations of at least \$80 billion. Investors are waiting for news on a \$3.5 billion loan due this year to another Dubai state company.

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Turning back to cash

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

This just in from the recession waves south of the border. Americans are turning to debit cards and away from credit cards, according to the Washington Post. The decline of 8.1 per cent in the use of credit is the first in decades and is matched by an increase in debit cards and cash for purchases.

But beware, even with debit cards and cash there are pitfalls. First of all, pernicious overdraft protection makes it almost as easy to tip into debt as with credit cards. And the protection comes at a price — 21 per cent interest on the overdrawn balance plus a \$5 fee for each overdrawn transaction is the

average at the major banks, depending on your account. Carrying a balance on a low-interest credit card would actually be cheaper. Additionally, debit card devotees can run up fees if you go over the transaction limit for your account. And don't forget, even with premium accounts there are usually charges for withdrawals at non-home bank machines, typically at least \$1.50 each.

I often put the overdrawn, overdebited and overcharged on a cash diet for awhile, but long term it makes tracking spending difficult unless you are vigilant about recording purchases. You know how it goes, the machine spits out \$100, it's gone within a day and you haven't a clue where it went.

Debit cards really are great tools if you avoid the fees and don't use overdraft protection. You can easily track your purchases every month which helps you stay on budget. Make sure you check your balance regularly and stay on top of automatic debits. Here's a tip: Adjust those debits so they come out of your account a day or two after your pay cheque is deposited. That way you won't get a false sense of riches when you see your balance.

As for cash, limit yourself to a set sum for incidentals; take out that money once a week and make sure it lasts until the next withdrawal.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Alison's Money Rule:

- Getting into the debit card and cash habit can help you break the credit card habit. But it only works if you know the pitfalls.

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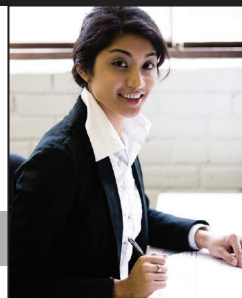
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Car Insurance Roadblock

Consumers concerned insurers don't want drivers with tickets or accidents

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Should I Just Accept That I'll Have To Pay A Bundle?

No. Sadly, this is a mistake many drivers make and it can be a costly one, especially if they don't bother to shop around for the lowest rate available. The key to finding the best rate, especially if you have tickets or accidents on your driving record, is to figure out which insurance company of the more than 20 in Alberta has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

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Your Money



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Deferring collection to age 70 may pay off under CPP changes

PENSION Deferring collection of your Canadian Pension Plan benefits could pay off financially under proposed changes to the CPP rules, but first it's important to undertake the

somewhat morbid task of figuring out how long you expect to live.

The proposed changes, which will begin to be phased in in 2011 if they're approved by Parliament

and the provincial governments, aim to provide retirees and older workers with greater flexibility and more choice.

If implemented, the changes would increase or decrease pension adjustments for people who choose to receive their CPP benefits either earlier or later than the normal collection age of 65.

Currently, the amount a person receives is reduced by 0.5 per cent for each month the pension is taken before age 65 to a maximum of 30 per cent. Conversely, the pension is increased by 0.5 per cent for each month it's taken after age 65 to a maximum of 30 per cent.

The changes will increase the early pension deduction to 0.6 per cent per month to a maximum of 36 per cent, while the late pension increase will be 0.7 per cent per month to a maximum of 42 per cent.

"We find very few people actually postpone retire-

Other changes

- People would be allowed to receive their CPP benefit at age 60 while continuing to work full-time. Currently, workers have to either stop working or reduce their wages.

- People who receive CPP while working would be allowed to continue to make contributions to the plan, which will increase their overall retirement benefit.

ment past 65 because a lot of people don't realize that you actually get a premium if you're willing to postpone your CPP as late as 70," said David Ablett, director of tax and retirement planning at Investors Group. "It's almost like a race where somebody starts earlier but the person who starts later is a faster runner."

Ablett said the proposed changes make it more attractive than ever to defer receiving your CPP as long as possible — assuming you expect to live a long time.

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Fans to pick Grey Cup halftime settlist

Blue Rodeo will perform during next month's Grey Cup halftime show, with fans choosing the band's three-song playlist through an online vote, the CFL said yesterday. **THE CANADIAN PRESS**

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Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Hawks edge Flames

NHL RESULT**Calgary 5 Chicago 6**

Brent Seabrook scored 26 seconds into overtime and the Chicago Blackhawks matched the biggest comeback in NHL history, rallying from a five-goal

deficit to beat the Calgary Flames 6-5 last night.

Chicago fell behind 5-0 in the first period before overtaking the Flames, the team they knocked out of the playoffs in the first round last April.

By rallying from five goals down, the Blackhawks tied the NHL record for biggest deficit overcome, according to the Elias Sports Bureau. The

previous club record had been a four-goal rally.

THE ASSOCIATED PRESS

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Scan this barcode for the most recent Sports updates on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 2

Sports in brief

HOCKEY Vladislav Tretiak was named general manager of Russia's hockey team for the 2010 Winter Games in Vancouver by the Russian Ice Hockey Federation yesterday. The 57-year-old former Soviet goaltender and federation president is Russia's most accomplished Olympic hockey veteran with three gold medals and a silver.

MLB PLAYOFFS Ryan Howard hit a two-run double with two outs in the ninth inning and scored on Jayson Werth's single as the Philadelphia Phillies rallied past the Colorado Rockies 5-4 last night to reach the National League Championship Series. Brad Lidge earned his second straight save, once again retiring cleanup man Troy Tulowitzki with two on to end it.

NFL The Revs. Al Sharpton and Jesse Jackson attacked the bid by Rush Limbaugh to buy the St. Louis Rams yesterday, saying the conservative radio host's track record on race should exclude him from owning an NFL team.

METRO NEWS SERVICES

CFL Stamps fall to Als



Montreal Alouettes slotback Jamel Richardson celebrates a touchdown as Calgary Stampeders defensive back Keon Raymond runs by yesterday in Montreal. The Als went on to crush the Stamps 32-11.

PAUL CHAIKIN/THE CANADIAN PRESS

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian food, eh?

Be proud, eat homegrown

CELIA MILNE
for Metro Canada



We're all familiar with Chinese food and Italian food, but what is Canadian food?

David McInnes says it's a wide variety of fresh, healthy foods.

Instead of poutine and beaver tails, Canada should be known for home-grown, nutritious commodities: Fish from our lakes and oceans, grains grown on our prairies, and fruits and vegetables in abundance all over the country.

Promoting the Canadian diet is good for health and good for agriculture, says McInnes, who is president and CEO of the Canadian Agri-Food Policy Institute (CAPI) in Ottawa. "We need to recognize that, hey, we do have foods in Canada that are safe,

healthy and are produced in a sustainable way," he says.

"We have a Canadian diet and we should be proud of what we produce and eat."

The idea of the "Canadian diet" was developed by CAPI as a starting point to help counter the rising epidemic of obesity in this country and boost the ailing farming industry. Here's how it might work:

- Get people to stop eating junk food and turn to fresher, locally-grown food — salmon, sweet potatoes, carrots, berries, whole grains, spinach, dairy products such as milk, yogurt and cheese, flax, lean meats, and a wide array of other fruits and vegetables.

- Invest in advanced research to find out which foods promote health. For instance, what are the health benefits of oats and barley? Take that research

Spinach contains lutein which may help keep eyes healthy



Instead of poutine and beaver tails, Canada should be known for its homegrown, nutritious commodities, such as local fish, grains, fruits and vegetables.

from the laboratory to the marketplace.

- Support innovation in the agriculture industry.
- Improve the regulatory environment for farmers.

- Promote strategies that drive up exports.

The concept sprouted wings, says McInnes, "generating considerable national interest in newspapers, radio and the trade press."

Dietitians have been promoting this way of eat-

ing for years. "Canada produces some of the world's healthiest and most versatile ingredients. Many, such as canola, salmon, pulses (dried beans and lentils) and flax provide general health benefits by helping to reduce the risk of developing chronic diseases like heart disease and cancer, while others have more specific benefits," says Mary Sue Waisman, a registered dietitian who works with Dietitians of Canada.

Healthy meal ideas

So how can you take advantage of the healthy Canadian diet? Metro asked the Canadian Agri-Food Policy Institute, along with the Dietitians of Canada, to come up with some purely down-home ideas for our kitchens.

• Maple Marinated

Salmon: Grilled on a Cedar Plank; top with a blueberry salsa made with chopped blueberries, red bell and jalapeno peppers and apples with fresh mint and a drizzle of canola oil and apple juice.

• **Backyard Garden Salad:** Made with spinach, romaine and local chopped veggies topped with finely diced Oka cheese and your favourite lower fat vinaigrette.

• **Cauliflower au Gratin:** Tender cauliflower topped with melted Canadian mozzarella cheese.

• **Hot-bag Vegetables:** Toss a variety of lightly oiled root vegetables (such as carrots and parsnips), bell peppers and cauliflower, seasoned with herbs and spices, into a roasting bag. These are heat-resistant, clear plastic bags with plastic closures. Place the bag of vegetables in a vegetable basket on a pre-heated barbecue and cook for 17 to 20 minutes, until ten-



der. This can be done in a pre-heated oven at 350F if preferred.

• **Carrot, Mushroom and Green Onion Barley Pilaf:** Sauté ½ cup each of green onions, carrots and mushrooms in 2 tablespoons of canola oil; add 1 cup of barley, ¼ cup ground flaxseed, a few sprigs of fresh thyme and 3 cups of water or chicken broth and simmer until barley is soft and liquid has evaporated.

• **Platter of Canadian Cheese:** Include brie, cheddar and feta cheeses with some dried apricots, blueberries and cranberries; use any leftover cheese in school lunches — simply add some whole grain crackers, a container of yogurt and fresh grapes for a healthy quick lunch.

CELIA MILNE/
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Morality or justice?

Prostitution laws don't protect the vulnerable

The J Spot

Josey Vogels

metronews.ca/thejspot

The polarization of the debate surrounding the current court case challenging Canada's prostitution laws raises difficult questions about the role morality should play in lawmaking.

Toronto dominatrix Terri-Jean Bedford and prostitutes Valerie Scott, 51, and Amy Lebovitch, 30, are asking Ontario's Superior Court of Justice to decriminalize prostitution, saying current laws make it dangerous for women working in the sex trade.

Opponents claim decriminalization of prostitution condones the selling of sex and that is wrong.

But is it really up to the law to decide whether the

selling of sex is right or wrong?

Originally outlawed under Victorian social-hygiene-policy-based "vagrancy laws" — which also applied to jugglers, loafers and other general undesirables — this was considered discriminatory when Canada's first criminal code was passed in 1892. So to satisfy moral objection to prostitution, the buying and selling of sex was made legal, but "soliciting" was not. Which is sort of like trying to be a door-to-door salesman who isn't allowed to go door-to-door.

Also, pretty much every activity surrounding prostitution — communicating, bawdy houses, and pimping, to name a few — is illegal. But, despite all this, the sex trade continues to flourish. In other words, outlawing prostitution doesn't make it go away.

Besides, if you think prostitution should be outlawed because you have a moral objection to the commercialization of sex, well, in

"There should be legal limits on sex, but they should be there to protect vulnerable people, not to reflect or dictate our sexual morality."

today's society, there isn't much that isn't turned into a commodity. Why is sex so sacred it can't be bought or sold?

It's anyone's moral right to frown on prostitution, but morality doesn't justify putting women in danger. The law is intended to protect the vulnerable in our society.

There should be legal limits on sex, but they should be there to protect vulnerable people, not to reflect or dictate our sexual morality.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Sustainable food is not always local, but is produced in a socially responsible manner. Sustainable coffee beans, for example, may travel far to reach your table in Canada, but the coffee is grown on perennial bushes that don't require plowing, which keeps soil carbon stored in the ground. **THE CANADIAN PRESS**

Food

Nancy Tringali Piho, author of *My Two-Year-Old Eats Octopus: Raising Children Who Love to Eat Everything*, is one of several culinary authors with recent books offering personal stories and tips for foodie parents looking to share the meals they love with their children.

THE CANADIAN PRESS



EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Dish up Indian flavours this Diwali

In the spirit of Diwali — India's best known festival, which this year falls on this Saturday — Metro nabbed a few more delicious and simple recipes from *Everyday Indian: 100 Fast, Fresh, and Healthy Recipes* by Bal Arneson.

After publishing the Vancouver author's terrific Tandoori Quesadillas earlier this year (which can be found at metronews.ca, if you enter the recipe name into the Search field), we just had to go back for more. *Everyday Indian* (Whitecap Books) is available in bookstores now.

Salmon Paneer Cakes

MAKES 6-8 PIECES

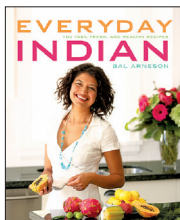
Serve with Mint Chutney, Peach Chutney or Yam and Red Onion Chutney.

INGREDIENTS:

- One 6 oz can salmon, drained and liquid squeezed out
- 3/4 cup grated paneer (Ed: you can purchase this or find a recipe for Homemade Paneer in the book)
- 1/2 cup low-fat plain yogurt
- 1/4 cup finely chopped red onion
- 1/4 cup chickpea flour
- 1 tsp garam masala (see below)
- 1/2 tsp salt
- 2 Tbsp grapeseed oil

METHOD:

Combine all the ingredients except the oil in a bowl and mix until the



Salmon Paneer Cakes, a recipe from *Everyday Indian*.

flour is evenly distributed. Make small cakes (1-inch patties). Heat the oil in a non-stick skillet over medi-

um heat and pan-fry the patties on both sides until golden brown.

- **Note:** Adding 1 tsp of

dried fenugreek leaves, 1 tsp of chana masala, and 1 Tbsp of finely chopped ginger gives an enticing aroma to the cakes. You can also sprinkle fresh lemon juice over the cakes just before serving to brighten all of the flavours.

Garam Masala

MAKES 1 CUP

INGREDIENTS:

- 1/2 cup coriander seeds
- 1/2 cup cumin seeds
- 1/4 cup dried curry leaves
- 1/4 cup black peppercorns
- 1/4 cup mustard seeds
- 3 whole cloves
- 2 black cardamom pods
- 2 cinnamon sticks, each 3 inches long
- 2 bay leaves

METHOD:

Preheat the oven to 325°F. Combine all the ingredients, spread them on a rimmed baking sheet, and toast in the oven for 15 minutes. Let cool and process to a fine powder in a grinder, such as a coffee grinder reserved for this purpose. Stored in an airtight container in a cool place, it should keep well for 3 months.

On the web

Columnist:

- Peter Rockwell muses over great sippers for the fall season in this week's Liquid Assets column. Visit metronews.ca/liquidassets





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Corrine Gehrels, a flight attendant on Oprah Winfrey's private jet, has filed suit against the talk show host after she was fired for allegedly have sex with the plane's head pilot while Winfrey and guests slept during a flight. METRO NEWS SERVICES

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

New Michael Jackson single debuts online

MUSIC

Michael Jackson returned to the airwaves yesterday with a new song — the first from an upcoming musical documentary featuring the late superstar.

It is the first new material by Jackson to be released since his death in Los Angeles on June 25.

Jackson sounded confident and almost playful on This Is It, which features his trademark breathy vocal style, perfected over the years since he was a child sensation with the Jackson Five.

THE ASSOCIATED PRESS



Jackson

Hugh Dillon returns to rock

Flashpoint star, ex-Headstone releases album

MAUREEN LITTLEJOHN
for Metro Canada

Hugh Dillon, former Headstone turned TV star, has often depended on the musical muse to lead him in the right direction.

"I got in the habit of songwriting long ago, it was consistent when everything else wasn't consistent," the 46-year-old explains, referring to when his hard rocking group disbanded in 2003.

Works Well With Others, his new solo album out on Warner Music today, features a couple of songs heard on the two shows he stars in, Flashpoint and Durham County.

The music is muscular yet introspective, filled with clear-headed determination. What did he intend with the title? "Well, it was something written on my report cards when I was a kid until one day it wasn't," he says. The angry young punk has come full circle.

Produced by Paul Langlois of the Tragically Hip, the album is a farewell to the boozed up addict who didn't think he'd see age 40. First song Friends of Mine, is spare and to the point, a confessional of sorts. "I lost a lot of friends, it's part and parcel of the lifestyle. When you're young you emphasize the drugs and rock 'n' roll. But they take over life. I knew I had to change everything." Dillon packed his bags and headed to Los Angeles (where he still lives) to start over. "It was terrifying. I had a s---y little apartment and my guitar. I had to fight depression and misery and rise above the problem. Once I had identified that the problem was me, I had a shot."

Acting in indie movies Hard Core Logo in 1996, and Down to the Bone in 2004 helped land him plum roles in Durham County and Flashpoint. He credits his wife, Midori Fujiwara, for supporting him as he got his life back together.

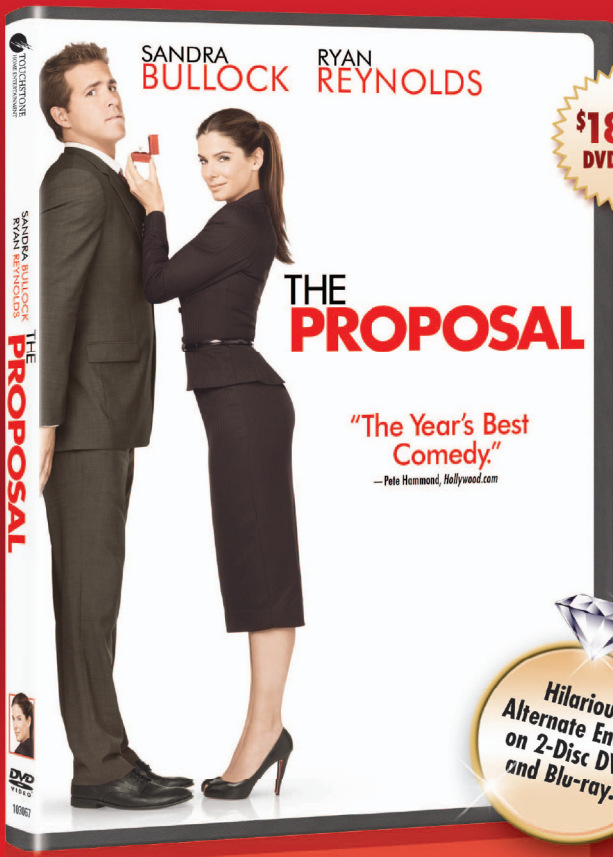


Works Well With Others is the new album from Hugh Dillon.

"We've been together 21 years. I wrote the song Puzzle I Am for her. It's very different for me, no rage, and no heavy rock 'n' roll. It was liberating."

"The Year's Best Comedy."

—Pete Hammond, Hollywood.com



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MySpace.com/ProposalMovie

*\$18.47 DVD Price valid October 13 - October 16 at select Loblaws, Atlantic and Real Canadian Superstores. Distributed by Buena Vista Home Entertainment, Inc., Burbank, CA 91521. © Buena Vista Home Entertainment, Inc.

Hurtin' Hamm

Mad Men's Jon Hamm was sporting a hole-punch-sized crater in his neck during a visit to The Late Show with David Letterman after being injured on the set of his upcoming film The Town. **METRO WORLD NEWS**



DVD picks

The Proposal

Director: **Anne Fletcher**

REVERSE SEXISM is at work in this screwball comedy starring Sandra Bullock and Canada's Ryan Reynolds, a summer hit that provided major career boosts to both.



Bullock is the poor man's Meryl Streep in her role of New York book editor Margaret, who boots around and then seeks to wed her assistant, Andrew, played by Reynolds.

Margaret is an uppity Canadian — irony alert! — whose U.S. residency is about to be revoked by an overzealous immigration agent (Denis O'Hare). She conspires a shotgun marriage with U.S.-born Andrew to save her status.

City slicker Margaret has to cope with the Alaskan foibles of Andrew's kooky kin, including his meddling mom (Mary Steenburgen), gruff dad (Craig T. Nelson) and kinky granny (Betty White, ever the scene thief), whose 90th birthday occasions the trip.

The twist is that Reynolds, who normally does the hip cynic, is playing a pathetic pup heels to every cruel whim of his employer. But the freshness only lasts until the film defaults to rom-com formula.

Nobody who ever attended a date movie will be surprised by what happens, but The Proposal has low expectations and good vibes in its favour.

Extras include an alternative ending, deleted scenes and commentaries by the director and screenwriter.

Peter Howell/Metro Canada

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Prince Philip can't program the TV

TECHNOLOGY He may be married to Queen Elizabeth II, but Prince Philip has the same technological troubles as millions of commoners. The 88-year-old prince has bemoaned the complexity of television remote controls, saying attempts to record programs often end up with him lying on the floor with a flashlight, a magnifying glass and an instruction manual. The comments came in an interview posted on Buckingham Palace's official YouTube channel. The prince was celebrating the 50th anniversary of a design prize named for him. He said that in some areas, like television, the quality of design remained "ghastly."

THE ASSOCIATED PRESS

Damon, Affleck are related: Researchers

ROOTS It seems Matt Damon and Ben Affleck are more than childhood pals and Hollywood collaborators. According to the New England Genealogical Society, they're also cousins. Tenth cousins, once removed, that

is. Society researchers dug up evidence that both Damon and Affleck are descended from William Knowlton Jr. He was a bricklayer who came to the U.S. from England in the 1630s.

THE ASSOCIATED PRESS

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Entertainment in brief

MAGAZINES After more than a half century featuring women like Marilyn Monroe, Cindy Crawford and the Girls of Hooters on its cover, Playboy has,

for the first time, given the spot to a cartoon character. In the magazine's November edition, which hits newsstands on Friday, Marge Simpson will be

the cover girl and get the full star treatment, complete with a data sheet, an interview and a two-page centrefold.

THE ASSOCIATED PRESS

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|----------|---------------|------------------|-------------------------------------|---|---|------------------------------------|---------------------------------------|-------------------------------|---------------------------------------|------------------|
| 10/13/09 | primetime | 267 351 - ACCESS | Alberta Primetime (Live) | Monk (N) | Movie | Law & Order: SVU | | Dancing With the Stars | | Primetime |
| | | 243 317 3 CFCN | etalk | You Can Dance | | Omni News: Cantonese Edition | | Two/Half Men | Two/Half Men | CTV News |
| | | 371 5 KXLY | The Office | The Simpsons | Omni News: S. Asian Edition | Shark Tank (N) | | Dancing With the Stars | | the forgotten |
| | | 245 306 6 CBRT | 4 News at 6 | 4 News at 6:30 | Entertainment | Being Erica (N) (DVS) | | CBC News: The National | | The Hour |
| | | 244 338 7 CICT | Wheel-Fortune | Jeopardy! (N) | Rick Mercer | NCIS (HDTV) (N) | | NCIS: Los Angeles (N) | | News Hour |
| | | 246 - 8 CKAL | ET Canada | Entertainment | The Good Wife "Fixed" | Hell's Kitchen (Season Finale) (N) | | Jay Leno Show | | Your City |
| | | 119 705 9 CBXFT | (6) The Biggest Loser | The Jay Leno Show (N) | Providence (HDTV) (N) (SC) | Aveux "L'Elau" (N) (SC) | | Le Téléjournal Nouvelles (SC) | | TJ Alberta |
| | | - 10 SHAW | Virginie (SC) | La Factice | | | | Local Programming | | |
| | | 372 12 KREM | (6) Local Programming | | | | | NCIS: Los Angeles (N) | | The Good Wife |
| | | 374 14 KSPS | News | Hollywood | The Doctors | NCIS (HDTV) (N) | | Frontline (N) (DVS) | | Independent |
| | news | 502 390 15 CBC | NewsHour With Jim Lehrer | Nova (HDTV) (N) (DVS) | CBC News: the fifth estate | CBC News: The National | | CBC News: The National | | fifth estate |
| | | - 370 16 KHQ | CBC News: The National | Jeopardy! (N) | Wheel-Fortune | The Biggest Loser (N) | | | | Jay Leno Show |
| | | - 373 22 KAYU | Be-Millionaire | Two/Half Men | Two/Half Men | Hell's Kitchen (Season Finale) (N) | | | | News |
| | | 297 652 37 WPX | The Office | Raymond | PIX News at Ten Tong. | Two/Half Men | Friends | According-Jim | | Family Guy |
| | | 500 500 29 CNN | Melrose Place (N) | | Anderson Cooper 360 (HDTV) | | Larry King Live | | Cooper 360 | |
| | | 508 502 31 CNN2 | Larry King Live (N) | | Nancy Grace | Showbiz Tonight | The Joy Behar Show | | Nancy Grace | |
| | | 400 400 21 TSN | The Joy Behar Show | | | SportsCentre | Off the Record | | World Extreme Cagefighting (HDTV) | |
| | | 408 418 27 net | NHL Hockey | MLB Baseball | National League Division Series Game 5 - Toronto Blue Jays @ New York Yankees (If necessary). | Score Now | Score Now | Score Now | Score Now | Sportsnet Con. |
| | | 411 457 44 OLN | X-Fighters | Survivorman | Survivorman | Bounty Hunter | Bounty Hunter | Survivorman | Survivorman | Ghost Hunters |
| | | 417 406 48 SPEED | (6) Dale (2005) | Ride of Their Lives (2008, Documentary) | | | | | | |
| | family | 552 543 20 YTV | iCarly | iCarly | Drake & Josh | Prank Patrol | Malcolm-Mid. | Hates Chris | 8 Simple Rules | What I Like |
| | | 557 541 39 FAM | Zoeys 101 | Life Derek | Wizards-Place | Han. Montana | Zack & Cody | Latest Buzz | Wizards-Place | Life Derek |
| | | 555 545 67 TOON | Jimmy Two | Johnny Test | Scooby-Doo | Total Drama | Total Drama | 6TEEN | Futurama | King of the Hill |
| | | 575 583 11 CMT | According-Jim | According-Jim | Home Improve. | Home Improve. | Wilson | Wilson | Reba | According-Jim |
| | | 553 546 17 TREE | Little Bear | Maggie-Beast | Babar | Zigby | Max & Ruby | Dragon (DVS) | Backyardigans | Ni Hao, Kai-lan |
| | | 505 398 19 TWN | (5) EarthWatch One | EarthWatch One | EarthWatch One | | Friends | Grocery | Style by Jury | Style by Jury |
| | | 602 568 23 W | House-Sell | Style by Jury | Old Christine | Friends | Cake Boss | Cake Boss | 18 Kids-Count | 18 Kids-Count |
| | | 521 560 24 TLC | 18 Kids-Count | 18 Kids-Count | Mermaid Girl: A New Chapter | Good Eats | Good Eats | Iron Chef America | Unwrapped | Unwrapped |
| | | 603 561 25 FOOD | Hell's Kitchen (N) | | Good Eats | Good Eats | Parking Wars | Parking Wars | (10:01) The First 48 | Parking Wars |
| | | 615 520 26 A&E | Parking Wars | Parking Wars | Parking Wars | Parking Wars | Parking Wars | Parking Wars | Parking Wars | Parking Wars |
| | cable variety | 617 522 32 SHOW | Trailer Park | Trailer Park | The Outer Limits | | The Perfect Neighbor (2005, Suspense) | Perry King. | | Bones |
| | | 601 562 33 SLICE | Wedding SOS | Wedding SOS | Bulging Brides | Bulging Brides | ET Canada | What Happen? | Biggest Loser Australia | Beauty, Geek |
| | | - 633 34 ENC2 | Players | (7:20) Fallen Knight ** (1998, Horror) | | | Twilight Zone: The Movie *** (1983) | | (10:45) The Jacket (2005) | |
| | | 520 505 35 DISC | Destroyed | Destroyed | American Loggers (N) | | Daily Planet | | Destroyed | Amer. Loggers |
| | | 620 523 36 BRAVO | Chantal -- Live at the Pyramids | | | | Law & Order "Pledge" | | Without a Trace | Will (2001) |
| | | 294 650 40 WPCW | Law & Order: SVU | | Bridget Jones: The Edge of Reason ** (2004) | | The Simpsons | South Park | Jeff Dunham | |
| | | 526 547 41 COM | Just for Laughs | | Air Farce | 22 Minutes | Corner Gas | Name Is Earl | | |
| | | - 539 42 TCM | (6) Escape **** (1940) | | Escape Me Never ** (1947, Drama) | | Errol Flynn | | Northern Pursuit ** (1943, Adventure) | |
| | | 628 584 43 SPIKE | Deadliest Warrior (HDTV) | | Deadliest Warrior (HDTV) | | Surviving Disaster (HDTV) (N) | | DEA (HDTV) | |
| | | 522 516 45 HIST | Ultimate Engineering | | Ancient Discoveries | | Cities of the Underworld | | Cities of the Underworld | Engineering |
| | cable variety | 627 528 46 SPACE | Medium "Pain Killer" (N) | | Fringe (HDTV) (N) | | InnerSpace (N) | | Star Trek: Next Gener. | |
| | | - 47 AMC | (6) Wyatt Earp ** (1994, Biography) | | (HDTV) Kevin Costner, Dennis Quaid, Gene Hackman. | | The Outer Limits | | Switch | Family Guy |
| | | 619 525 49 TROP | Prod. Parker | Prod. Parker | 70s Show | 70s Show | Holmes on Homes | HGTV's Top 10 | Design Inc. | Pure Design |
| | | 501 391 52 CTV | Pure Design | Genevieve | House Hunters | House Hunters | CTV News | CTV News | CTV News | CTV News |
| | | 504 508 70 BNN | CTV News Tonight | | CTV News | CTV News | Market Call Tonight | Headline | Commodities | Squeeze Play |
| | | 526 507 92 VIVA | Squeeze Play | | Da Vinci's Inquest | | Psychic Inv. | Encounters | Judging Amy | Missing |
| | | 269 350 93 APTN | The Closer | | Cashing In | Rabbit Fall | First Nation | Moose TV | Caution: Nuts | Moccasin Flats |
| | | - 94 MCP | Fish Out of | Mixed Blessing | Sewing Maid | Boys Over Flo | Il Caffe | In Germany | Euromaxx | Schauplatz |
| | | 571 581 100 MMM | Wild 'n Out | Wild 'n Out | High School Reunion | | The Daily Fix | Wild 'n Out | Wild 'n Out | H.S. Reunion |
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| | | 581 566 102 MTV | The City | The Hills | The Hills | After | MTV Live | MTV News | The City | The Hills |
| | cable variety | - 116 TV5 | (6) Peking express | | Avenir | Hors série | TV5 Le Journal | Panique dans l'oreillette | | |

critics' corner

The Biggest Loser

A challenge winner gets to divide the contestants into two teams, each of which will train with either Jillian Michaels or Bob Harper. After a challenge testing the contestants' ability to work together in their newly formed teams, a difficult elimination results in another player being sent home. Alison Sweeney is host. 6 PM on CKAL; 9 PM on KHQ



Chantal — Live at the Pyramids
Singer Chantal Chamandy used her own resources to get approval to perform in front of Egypt's legendary pyramids. In this special, she performs with the Cairo Symphony Orchestra at the Pyramids of Giza. Songs include "Take a Chance," "Somewhere," "Pray" and more. 7 PM on BRAVO

Style by Jury

Sometimes it's not just about the look. In this new episode, Ju Ju, an aspiring rap singer, has a very unrealistic view of the world that is getting in the way of her success. The team must address her skewed outlook on life as well as her style issues on the way to making over her appearance. Bruce Turner hosts "Rap-sody in Geel" 10:30 PM on W



UNICEF has named Orlando Bloom its goodwill ambassador in recognition of his commitment to children's rights around the world. Bloom has supported UNICEF's work since 2007, when he first visited schools in impoverished districts of Nepal. **THE ASSOCIATED PRESS**

Goodwill in Bloom

Celebrity Buzz

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Tara sheds insecurities, and clothes, for Playboy

GO FIGURE Tara Reid has overcome her physical insecurities and stripped off for an upcoming issue of Playboy magazine, according to U.S. reports.

The American Pie star underwent a botched liposuction procedure in 2004 and vowed never to take off her clothes for the men's magazine — because she was too insecure

about her figure, female-first.co.uk reports.

Reid told reporters, "I know there are problems with my stomach. There are bumps on it, it's uneven."

However, the 33 year old is now flaunting her figure, according to In

Touch magazine. She reportedly posed entirely nude for a Playboy shoot at a private residence in Santa Monica, California earlier this month. A source says, "She was a bit insecure about her body when they first started. She looked great and finally got into the groove."

METRO NEWS SERVICES



Eddie mum about LeAnn on set

SUCH A PROFESSIONAL Eddie Cibrian's personal life might make headlines in the press, but on the set of CSI: Miami, his costar tells usmagazine.com that he keeps quiet about new girlfriend LeAnn Rimes.

"I know he's going through a lot of personal stuff right now, but he's super-professional and doesn't bring any of it to work," Eva La Rue

told Us. La Rue, who plays a DNA analyst on the CBS drama, previously worked with Cibrian,

36, on Third Watch, in which they played a married couple.

"I know he's a great guy," she told Us of the star, adding that it has been "really fun" working on the series' eighth season. Will Rimes guest star on the show? "I don't know," La Rue said, laughing.

METRO NEWS SERVICES



Amy gets surgical overhaul: Sources

SHE'S A BIG GIRL NOW Part of Amy Winehouse's plan for a comeback is apparently an in-depth visit to a plastic surgeon. Sources tell the Sun that the Rehab singer recently dropped \$52,000 US on cosmetic surgery — including breast

augmentation. "She looks amazing, like a new woman," a source says. "We all feared she'd fallen off the wagon when she came in. Then we

saw her bouncing around with these huge boobs which stand out as she's so tiny and skinny."

It also turns out Winehouse's trip to St. Lucia earlier this year reportedly cost roughly \$14 million US, according to OK! Magazine.

METRO WORLD NEWS



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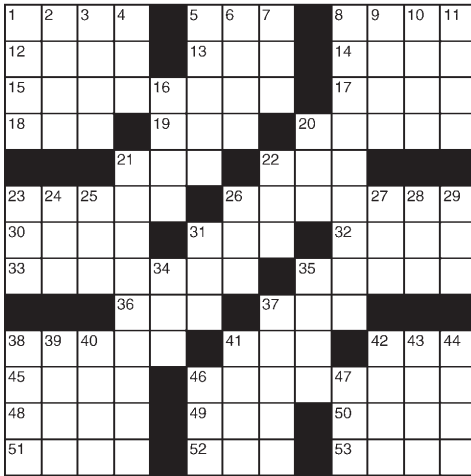




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- 1 Call a halt to
- 5 Bashful
- 8 Barrel
- 12 End of a melody
- 13 Caustic solution
- 14 Lotion additive
- 15 Comic-strip pub habitue
- 17 Undraped
- 18 Wrong (Pref.)
- 19 Inseparable
- 20 Madison Avenue worker
- 21 Droop
- 22 Distort
- 23 Dazzling display
- 26 Let the air out
- 30 Hoodlum
- 31 Scarlet
- 32 Met melody
- 33 Legendary clarinetist
- 35 Go in
- 36 Sweet potato
- 37 See 3-Down
- 38 Correct

- 41 — Lanka
- 42 Copper head?
- 45 Margarine
- 46 1977 James Taylor hit
- 48 Pebbles' pet
- 49 Clay, today
- 50 In the thick of
- 51 Go looking for
- 52 Links prop
- 53 Cookware

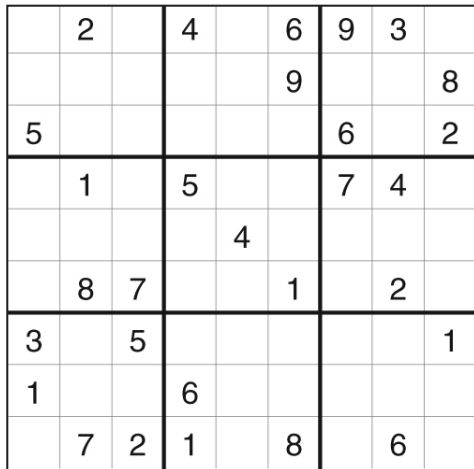
DOWN

- 1 Swindle
- 2 Morrison or Collette
- 3 With 37-Across and 44-Down, miscellany
- 4 Remuneration
- 5 Word on the street?
- 6 Advertise bombastically
- 7 "Uh-huh"
- 8 Game played with "ginger-bread pawns"
- 9 Astringent
- 10 Pop
- 11 Acute
- 16 Outer layer
- 20 "Bow-wow!"
- 21 New Jersey peninsula
- 22 Marry
- 23 Ovum
- 24 Bill's partner
- 25 Privy
- 26 Lair
- 27 Illustrations
- 28 Dead heat
- 29 Listener
- 31 Aries
- 34 Yoga surface
- 35 Oklahoma city
- 37 Golfer Palmer, to fans
- 38 Sceptres
- 39 Nastase of tennis lore
- 40 Kelly or Krupa
- 41 Store event
- 42 Bullets
- 43 Worm, maybe
- 44 See 3-Down
- 46 Chapeau
- 47 Shrill bark

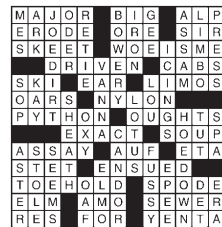
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Scalloped Potatoes

INGREDIENTS:

- 3 tbsp (45 ml) butter, divided
- 1 tbsp (15 ml) all-purpose flour
- 1 tsp (5 ml) salt
- 1/4 (1 ml) pepper
- 1-1/2 cups (375 ml) milk
- 4 cups thinly sliced peeled potatoes
- 1 medium onion, finely chopped
- 1 small green pepper, finely chopped
- 1/2 cup (125 ml) dry bread crumbs
- 3/4 cup (175 ml) shredded cheddar cheese

METHOD:

1. In a small pot, melt 2 tbsp (25 ml) butter; stir in flour, salt and pepper. Gradually stir in milk. Bring to boil over medium heat; cook and stir 2 min-

- utes or until thickened.
2. In a greased 1-1/2-qt. (1.5 l) baking dish, arrange half the potatoes, onion and green pepper in layers; cover with half of sauce. Repeat layers. Cover and bake at 350 F (180 C) for 35 minutes.
3. Melt remaining butter; combine with bread crumbs and sprinkle over potatoes. Bake, uncovered, 40 minutes longer or until potatoes are tender. Sprinkle with cheddar cheese. Let stand 5 minutes before serving.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Listen to what friends have to say to you over the next 24 hours, because they can see things that you can't. Adopt their positive attitude, too.

TAURUS
APRIL 21-MAY 21
You're on the threshold of a breakthrough, one that wouldn't have been possible a short time ago. Nothing's beyond you when you put your mind to it.

LIBRA
SEPT 23-OCT 23
Play to your strengths today and you'll move ahead swiftly with a project close to your heart. Romantically and creatively, you can do no wrong.

SCORPIO
OCT 24-NOV 22
This is the perfect day to patch up a relationship that's been less than satisfactory in recent months. But you must ditch your pride and say sorry first.

GEMINI
MAY 22-JUNE 21
You need a change of perspective or direction, and you'll get that today whether you like it or not. Chances are you'll like it very much indeed.

SAGITTARIUS
NOV 23-DEC 21
Something important is about to happen in your life, something that will make you smile. There is a good chance travel is involved.

CANCER
JUNE 22-JULY 22
If you find yourself wishing you were someone else, you're wasting your time. Focus on making a better job of who you are.

CAPRICORN
DEC 22-JAN 20
There is a real possibility you'll come into money, but there are other ways to improve your finances. The most obvious is to sell off some of your things.

LEO
JULY 23-AUG 23
Your problems are not as bad as you seem to think and today you will realize you have been worrying for no good reason.

AQUARIUS
JAN 21-FEB 18
Recently, it may have seemed your long run of good fortune was at an end, but today will help you to believe that Lady Luck has not deserted you.

VIRGO
AUG 24-SEPT 22
You may be tempted to change something that's worked for you, and it could be time for a change. At work you'll be open to new ideas and methods.

PISCES
FEB 19-MARCH 20
If you find your approach to a personal problem isn't working, tackle it from a different angle. Think creatively, and dig yourself out of a hole.

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\$499

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Honolulu, Hawaii via Vancouver

Ohana Waikiki West • 3 ★
Aloha - Run of the house
Nov. 16 & 18 • 1 wk.

\$849

Taxes & other fees
(including service charges): \$140

Los Cabos

Barceló Los Cabos
Palace Deluxe • 5 ★
All-Inclusive • Junior suite
Jan. 2 • 1 wk.

\$1359

Taxes & other fees
(including service charges): \$272

Santa Clara

Barceló Cayo Santa Maria
Beach Resort • 4 ★
All-Inclusive • Junior suite
Oct. 18 • 1 wk.

\$629

Taxes & other fees
(including service charges): \$218

Punta Cana

Occidental Grand
Punta Cana • 4 ★
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Jan. 5 - 26 • 1 wk.

\$1299

Taxes & other fees
(including service charges): \$304

Ixtapa / Zihuatanejo

Barceló Ixtapa Beach • 4 ★
All-Inclusive • Standard rm.
Dec. 19 • 1 wk.

\$1479

Taxes & other fees
(including service charges): \$273

Varadero

Sirenis La Salina
Varadero • 4 ★
All-Inclusive • Standard rm.
Oct. 18 & 25 • 1 wk.

\$739

Taxes & other fees
(including service charges): \$218

Gran Bahia Principe Punta Cana • 5 ★

All-Inclusive • Junior suite
Dec. 22 - 29 • 1 wk.

\$1779

Taxes & other fees
(including service charges): \$304
Please add \$100 for Dec. 29 departures

Jamaica

Gran Bahia Principe
Jamaica • 4 1/2 ★
All-Inclusive • Junior suite
Dec. 21 & 28 • 1 wk.

\$1899

Taxes & other fees
(including service charges): \$262

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